



PRIZE
TESTED
RECIPES

Fresh Summer Salads

File under Salads
July 1987



\$100 WINNER Mrs. H. Rempel, Brandon, Manitoba

Oriental Cabbage Salad

The surprise ingredient in this crunchy salad is a package of oriental noodles—

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| 1 3-ounce package oriental
noodles with chicken flavor | 3 tablespoons vinegar |
| 4 cups shredded cabbage | 2 tablespoons sugar |
| 4 green onions, sliced (¼ cup) | 2 tablespoons salad oil |
| 2 tablespoons sesame seed | ½ teaspoon ground white pepper |
| | ¼ teaspoon salt |
| | ½ cup slivered almonds, toasted |

Crush noodles slightly; place in colander. Pour boiling water over noodles to soften slightly. Drain well. In a large mixing bowl combine noodles, cabbage, onions, and sesame seed.

For dressing, in a screw-top jar combine seasoning packet from noodles, vinegar, sugar, oil, pepper, and salt; shake to mix well. Pour over cabbage mixture and toss. Cover and chill several hours or overnight. Before serving, stir in almonds. Makes 6 to 8 side-dish servings.

Nutrition information per serving: 207 cal., 5 g pro., 20 g carbo., 13 g fat, 0 mg chol., 346 mg sodium, 2 g dietary fiber. U.S. RDA: 38% vit. C.



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